

IN-DEPTH IYENGAR YOGA COURSE AT IYCA 2022-2023

with certified level 3 teacher Barbara Queirolo

The course is aimed at those who have been practicing Iyengar yoga for a while and who want to gain more insight into the logic and the peculiarities of this method. It is suitable for people who have a strong enough practice and who normally attend the level 2/3 or 3 classes at IYCA or their equivalent at any other Iyengar yoga school. Although part of our 3+ years mentoring program, this course consists of only 8 weekends and does not include the study and practice of how to teach nor does it prepare students for the exam to become a certified teacher. Each weekend is made of two parts: a 3-hour workshop on Saturday afternoon in Broek in Waterland and a 2-hour in-depth class on Sunday afternoon in Molenpad, Amsterdam.

The Saturday workshops are based on the level 1 syllabus, which in the Iyengar method includes the asanas and pranayamas that one should learn and master first and which form the foundation to be able to progress further and safely towards all the others. Each workshop will focus on a different category of asanas and one will be devoted exclusively to restorative asanas and pranayama.

The Sunday in-depth classes are theoretical/informative as well as practical/experiential and will give further insight into the Iyengar yoga method and its specificities. Every session will cover a different topic, including the origin and development of the method, the invention and use of props, the importance of sequencing and timing in practice, the concepts of alignment and meditation in action, the uniqueness of hands-on adjustments and the therapeutic applications.

Dates: October 1 and 2, November 26 and 27, December 10 and 11 2022; January 28 and 29, February 18 and 19, March 11 and 12, April 15 and 16, May 20 and 21 2023*.

*In case of 'force majeure' such as a new lockdown, distancing measures or the teacher's indisposition, dates and times of the weekends might be subject to change and some sessions might have to happen only online.

Iyengar yoga workshops	In-depth classes
De Ruimte, Overleekergouw 1, Broek in Waterland	IYCA, Molenpad 15, Amsterdam
Saturday October 1 – 14.00-17.00	Sunday October 2 – 15.00-17.00
Saturday November 26 – 13.00-16.00	Sunday November 27 – 15.00-17.00
Saturday December 10 – 13.00-16.00	Sunday December 11 – 15.00-17.00
Saturday January 28 – 13.00-16.00	Sunday January 29 – 15.00-17.00
Saturday February 18 – 13.00-16.00	Sunday February 19 – 15.00-17.00
Saturday March 11 – 14.00-17.00	Sunday March 12 – 15.00-17.00
Saturday April 15 – 14.00-17.00	Sunday April 16 – 15.00-17.00
Saturday May 20 – 14.00-17.00	Sunday May 21 – 15.00-17.00

Priority will be given to those who register for the whole series of 8 weekends and if there are places left there will be a possibility to join single weekends or maybe even single workshops and classes.

- Single weekend: 70 euro
- Single workshop: 45 euro
- Single in-depth class: 30 euro
- 8 weekends in-depth course: 520 euro (= 65 euro per weekend)

All sessions are live but can be followed online in streaming when one is indisposed or abroad. No recordings will be made available however.

To register, please fill in and send the application form below.

APPLICATION FORM

In-depth Iyengar yoga course at IYCA 8 weekends from October 2022 to May 2023

Applying for this course I understand I will have to pay the full amount of 520 euro to Iyengar Yoga Centrum Amsterdam in two equal installments of 260 euro each, one in September and one in December 2022. I will get a link for each payment per email once my application has been received and accepted at info@iyengaryogacentrum.nl.

I know that the amount paid is non-refundable but if I must stop attending because of proven health reasons, I am guaranteed that my remaining credit can be converted into either regular yoga cards or future workshops or I might choose to follow the rest of the course online.

I have read the above presentation of the course with its dates, times and locations.

If I suffer from any (medical) condition or injury that affects my yoga practice, I will inform the teacher before the start of the course.

Name.....

Email address.....

Telephone number.....

Date

Signature